

Workshop

**proteus**  
LEADERSHIP  
*creating great leaders*

# Creating A Whole New Mindset

Change Your Stories - Change the Outcomes

2024  
-  
2025



"I think it was really a good opportunity check-in with ourselves and how we're travelling mentally. It encouraged some very open and honest dialogue which I think was very valuable in terms of the content, but also building a better workplace culture as well."

**Elise Ashton**

"A great overview of what makes an effective mindset with the useful tools and references to support the development of a growth mindset."

**Matt Helstrip**

# Program Overview

## Mindsets are everything!

Our mindset drives the way that we see and make sense of the world. Our mindset dictates how we behave in this world, both now and into the future. When designed well, mindsets can be a superpower for you, your team, and all relationships. They become the game-changer for reaching our full potential.

Working proactively on our mindset will bridge the gap between our intentions and our current reality. By developing a commitment to working on our mindset, gives us a roadmap to navigate life's challenges through action-orientated behaviours that deliver ongoing positive transformation.

## Objective

To compel people to adopt proactive mindset principles and practices, both personally and across their workplaces, whilst providing them with the skills, thinking and templates for ongoing transformational change.

Assist participants to reframe their stories (that they tell themselves) and make a commitment to staying curious through persistence, play, learning and growth.

## Topics

- ▶ Introduction to Mindsets
- ▶ How To Refine Your Thinking
- ▶ Reframing The Stories That We Tell Ourselves
- ▶ Developing Pragmatic Optimism
- ▶ Embracing Gratitude, Grit, and Radical Acceptance
- ▶ How To Navigate Your Challenges, Obstacles and Setbacks
- ▶ Creating a Bias for Action – Using the WOOP Model

## Virtual

All of our public and In-house programs will be running through the **Zoom platform**. Remember, you don't have to sign up to Zoom to use it.

## Benefits of training with Proteus

- ✓ **Interactive workbooks** which allow participants to immerse themselves into a truly engaging experience.
- ✓ **Virtual break out rooms** are used to allow participants to work in smaller groups to complete activities and workshop ideas.
- ✓ **World-class facilitators** who are dedicated to helping people change their behaviour and actions.
- ✓ **Inspirational and practical content** that can be used immediately.

## Cancellation Policy:

Payment is required before the commencement of training. All payments within 7 days of the program date must be paid by credit card or direct debit. Refunds will not be given within 7 days of the program date. Transfers to another program date or a replacement person, can be made up to 48 hours prior to the program, if submitted in writing. No refunds or transfers can be made after this time. Proteus Leadership reserves the right to change the facilitators/speakers or the advertised price.

**NB: Face-to-face programs will only go ahead if safe to do so. If not, the program will revert to a virtual format. All COVID-19 restrictions and regulations will apply.**

# Investment

## Virtual Program

### Half-day Workshop

Morning Session - 9:00am - 12:30pm

Afternoon Session - 1:30pm - 5:00pm

2024  
**\$270**  
PP + GST

2025  
**\$295**  
PP + GST

To view the schedule or to register in to the workshop click on the button below.

## In-house

All of our programs can be conducted as virtual or face-to-face In-house programs. Proteus can also customise an In-house program, tailoring it to your company's needs.

Contact our team to discuss your requirements on: [1300 219 903](tel:1300219903)



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